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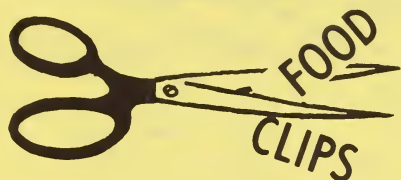
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Food and Home Notes

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Crushed, unsweetened ready-to-eat cereal flakes, or packaged cereal crumbs may be used in place of bread crumbs or flour as a coating. Season the crumbs with your favorite herbs for a real taste-changer.

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Rice may be cooked in a flavorful liquid such as equal parts of tomato juice and water, or even fruit juice to acquire an entirely different appearance and taste. For a good tasty combination -- use raisins or nuts or olives added to your rice dishes.

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Overcooking is the problem if your pasta seems soft and unappetizing.

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If you haven't tried "oatmeal bonbons" you have missed a tasty-goodie. Add, one cup of rolled oats to a bonbon recipe and shape into one inch balls. They come out more like cookies, but delicious!

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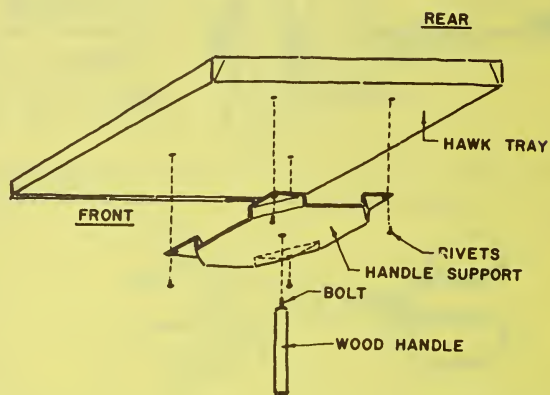
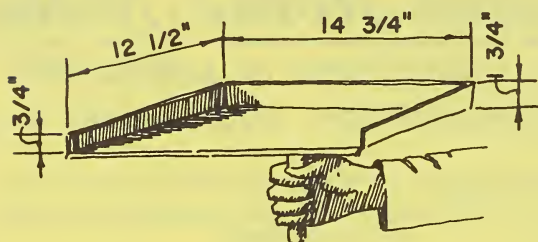
ON GROWING PEACHES

--And How to:

One of the most popular fruits in this country is the peach -- annual production averages more than 75 million bushels. Peaches are believed to have originated in China. The first peaches grown in this country were probably white fleshed and were later crossed with yellow-fleshed peaches brought from Mexico.

For two hundred years after their introduction in the United States, seedling peaches were grown mostly for brandy, for fresh fruit for the home, and for hog feed. Since peach trees grow well on a variety of soils, ranging from coarse sand or shale to fine-textured clay loams, almost every farm and plantation in the Middle Atlantic States once had a peach orchard.

Selection of nursery trees, planting, pruning and soil management are reviewed in the new handbook published by the U.S. Department of Agriculture which features practical suggestions on how to grow peaches commercially and in the home gardens or orchards. Copies of Agricultural Handbook No. 463, "Peach Production", may be purchased for \$1.35 from the Supt. of Documents, U.S. Government Printing Office, Washington, D.C. 20402.



A homemade "hawk" may be used for surface-bonding work. It was designed for this purpose. It's a small board or piece of square metal with a handle attached to the bottom--to carry the bonding mix.



ON HOME BUILDING

--construction with surface bonding

Surface bonding is both a material and a technique for erecting concrete block walls without mortar joints. It offers several advantages for home building, according to the Agricultural Research Service of the U.S. Department of Agriculture.

The bonding material used in this type of construction is a cement-glass fiber mixture that is troweled on both sides of stacked concrete blocks to hold them together. A very thin coat -- about one-sixteenth inch thick -- of the bonding mix is all that is necessary. The only mortar actually used between the blocks, is the first course which is usually bedded in mortar or bonding mix to permit the accurate and rapid dry-stacking of subsequent courses, or layers. An accurate layout of the structure is absolutely essential before the building is started.

In addition to the economy of the method, there are other advantages such as fewer hours needed for wall construction, and less-skilled labor can be readily trained to apply surface bonding. The walls can be permanently colored without painting (by adding mortar or concrete color to the bonding mix).

Surface bonded concrete block walls are stronger and tighter than conventionally laid walls. When the surface bonding mixture on the walls has cured, it has relatively high tensile strength and good adhesion to the walls. The surface bonding mixture becomes a waterproof coating for the walls. However, swimming pools and deep tanks need additional waterproofing such as special latex paint or epoxy paint.

*Surface bonding research by USDA began in 1967 and is being continued on a limited basis in cooperation with the Agricultural Engineering Department of the University of Georgia's College of Agriculture.

"Construction with Surface Bonding" is ARS, (1974) Bulletin No. 374 and is available for 45 cents directly from the Supt. of Documents, U.S. Government Printing Office, Washington, D.C. 20402.

D'Anjous Head the Pear Pack

D'ANJOU

Smooth, fine-grained,
juicy, and spicy.

A good choice for eating
fresh or in salads.

D' Anjou pears are coming to market now
in record numbers and educated fruit eaters
can enjoy them through the winter. According
to marketing specialists of the U.S. Depart-
ment of Agriculture, Anjous will be in plenti-
ful supply through March. Of the three principal winter pears, the Anjou leads
the pack, accounting for 75 percent of the supply.

The unusually large supply situation came about as a result of these fac-
tors -- the largest winter pear production on record with a total of 6.9 million
boxes, a slow-down in domestic movement, and a greatly reduced export market.

Pears, like bananas, are not tree ripened. If left on the tree they will
not develop the fine flavor and texture that is characteristic of the Anjou
when ripened at room temperature. The ideal room temperature for ripening
is between 60-70 degrees. Color is not necessarily an indication of ripeness.

After 4 to 6 days at room temperature, these pears should yield to gentle
pressure of the thumb. Once ripened they should be refrigerated at 30-40 de-
grees.

Fruit eaters will recognize the Anjou by its color, taste, and shape.
It is light green to creamy yellow in color. It has a distinctive buttery-
smooth, juicy, spicy flavor. It is shaped oval to globular in shape with a
short, thick neck and short stem.

Fresh Anjous are especially good for salads and perhaps, best of all,
for eating-out-of hand. By Ruth Carey, Agricultural Marketing Service.

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